

Meal Pattern for Children



BREAKFAST: 3 FOOD COMPONENTS

SERVING SIZES FOR AGE(S): 1 + 2 3–5 6–18 ¹



MILK ²			
Fluid milk	4 fluid oz.	6 fluid oz.	8 fluid oz.
VEGETABLES, FRUITS OR PORTIONS OF BOTH ³			
Vegetable(s) and/or fruit(s)	1/4 cup	1/2 cup	1/2 cup
GRAINS ^{5, 6, 7} WHOLE GRAIN, WHOLE GRAIN-RICH, ENRICHED			
Bread	1/2 slice	1/2 slice	1 slice
Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving
Cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Ready-to-eat breakfast cereal—dry, cold ⁸	1/4 cup	1/3 cup	3/4 cup
OPTIONAL: MEAT AND MEAT ALTERNATES MAY BE USED TO MEET THE ENTIRE GRAINS REQUIREMENT A MAXIMUM OF THREE TIMES A WEEK. ⁶	1/2 oz. ⁶	1/2 oz. ⁶	1 oz. ⁶

MILK

Must be served with each breakfast, lunch and supper meal.

After the child's first birthday and prior to the second birthday, whole milk must be served.

After the child's second birthday, lowfat (1%) or fat-free milk must be served.

Flavored milk is not allowed for children under the age of six. Children ages six and older may be served fat-free flavored milk.

The type(s) of milk served must be noted on the menu (fat content and if flavored).

VEGETABLES & FRUIT

Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C.

Fruit juice must not be served more than once a day.

One cup of leafy greens counts as 1/2 cup of vegetables.

Less than 1/8 cup of vegetables and fruits may not be counted to meet the vegetable and/or fruit component.

At lunch and supper, one vegetable and one fruit or two different vegetables may be served (two fruits may not be served to meet this requirement).

WHOLE GRAIN OR ENRICHED MEALS OR FLOURS

Grains and breads must be whole grain, enriched, or made from whole grain or enriched meal or flour. Bran and germ are counted as enriched or whole grain meals or flours. Cornmeal, corn flour, plain corn tortillas/chips, and corn grits must be designated as whole or enriched to be creditable.

At least one serving per day, across all eating occasions, must be 100% whole grain. This must be noted on the menu (e.g. "whole grain bread" or "WG Bread").

Only ready-to-eat and cooked breakfast cereals containing 6 grams (g) of sugar or less per dry ounce may be served (refer to the Florida WIC Approved Cereal List).

Prepackaged grain products must have enriched flour or meal or whole grains as the first ingredient listed on the package.

Cookies, donuts, granola bars and other grain-based desserts do not count towards meeting the grains requirements.

CONVENIENCE ENTREES— FROZEN OR CANNED

Commercially processed combination foods must have CN label or manufacturer's Product Formulation Statement stating the food component contribution to the meal pattern.

DRIED BEANS OR PEAS

A serving of cooked dry beans or peas may count as a vegetable or as a meat alternate, but not as both components in the same meal.

YOGURT

Yogurt must not contain more than 23 g of total sugars per 6 ounces (15 grams per 4 ounces or 3.8 grams per ounce).

BREAKFAST

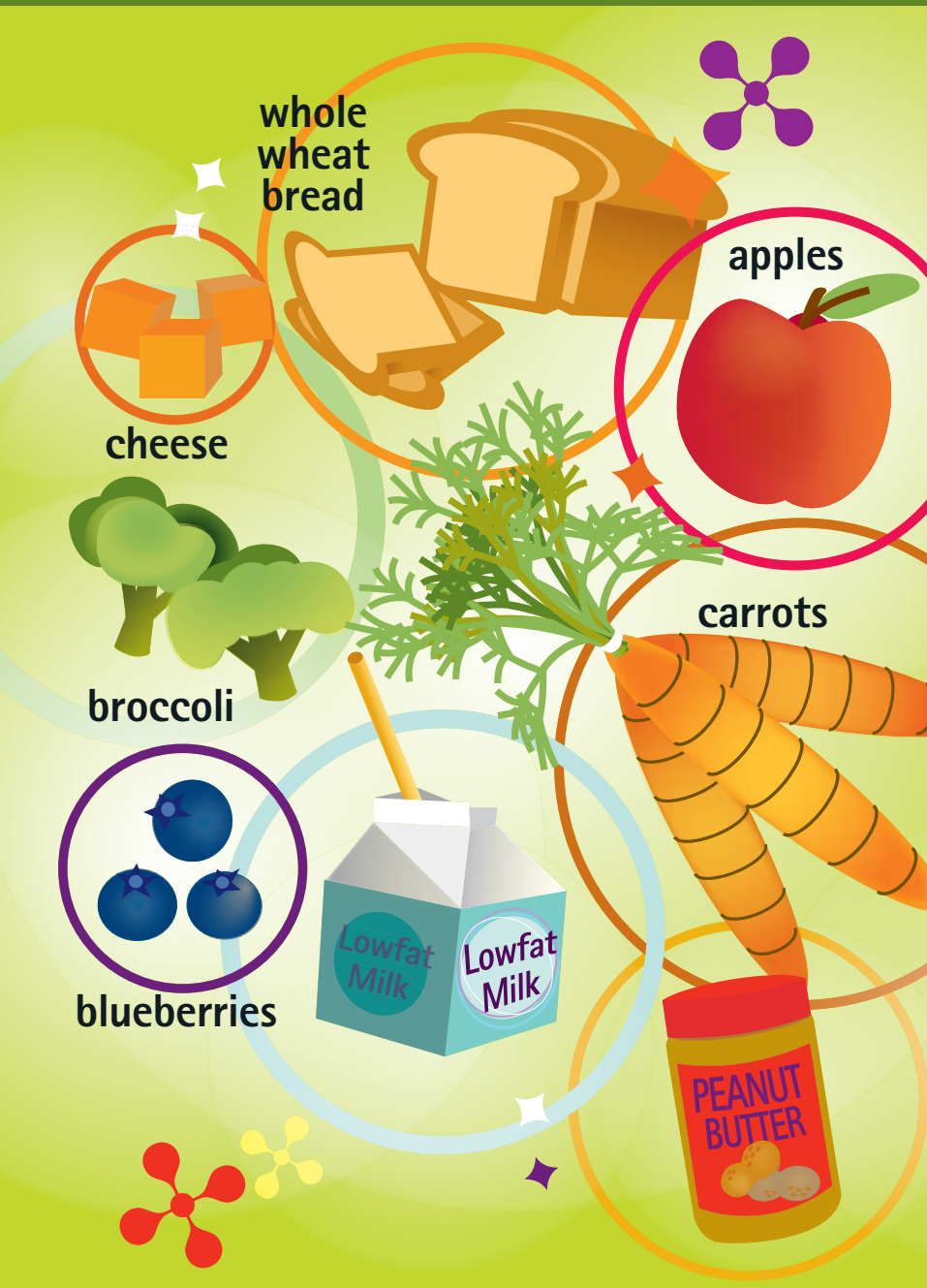
Meat/meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains (one serving).

CONVERSIONS

1/2 cup = 4 fl. oz.
3/4 cup = 6 fl. oz.
1 cup = 8 fl. oz.
1 pint = 2 cups
1 quart = 2 pints = 4 cups
1 gallon = 4 quarts = 16 cups

LUNCH/SUPPER: 5 FOOD COMPONENTS

SERVING SIZES FOR AGE(S): 1 + 2 3–5 6–18 ¹



MILK ²			
Fluid milk	4 fluid oz.	6 fluid oz.	8 fluid oz.
MEAT AND MEAT ALTERNATES			
Lean meat, poultry or fish ¹⁰	1 oz.	1 1/2 oz.	2 oz.
Tofu, soy products or alternate protein products ¹¹	1 oz.	1 1/2 oz.	2 oz.
Cheese	1 oz.	1 1/2 oz.	2 oz.
Large egg	1/2 egg	3/4 egg	1 egg
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or soynut butter or other nut/seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened ¹²	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup
Peanuts, soynuts, tree nuts, or seeds ⁹	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%
VEGETABLES ^{3, 4}			
Vegetables	1/8 cup	1/4 cup	1/2 cup
FRUITS ^{3, 4}			
Fruits	1/8 cup	1/4 cup	1/4 cup
GRAINS ^{5, 7} WHOLE GRAIN, WHOLE GRAIN-RICH, ENRICHED			
Bread	1/2 slice	1/2 slice	1 slice
Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving
Cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup

SNACK: SELECT 2 OF THE 5 FOOD COMPONENTS ¹³

SERVING SIZES FOR AGE(S): 1 + 2 3–5 6–18 ¹



MILK ²			
Fluid milk	4 fluid oz.	4 fluid oz.	8 fluid oz.
MEAT AND MEAT ALTERNATES			
Lean meat, poultry or fish ¹⁰	1/2 oz.	1/2 oz.	1 oz.
Tofu, soy products, or alternate protein products ¹¹	1/2 oz.	1/2 oz.	1 oz.
Cheese	1/2 oz.	1/2 oz.	1 oz.
Large egg	1/2 egg	1/2 egg	1/2 egg
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
Peanut butter or soynut butter or other nut/seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened ¹²	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup
Peanuts or soynuts or tree nuts or seeds	1/2 oz.	1/2 oz.	1 oz.
VEGETABLES ³			
Vegetables	1/2 cup	1/2 cup	3/4 cup
FRUITS ³			
Fruits	1/2 cup	1/2 cup	3/4 cup
GRAINS ^{5, 7} WHOLE GRAIN, WHOLE GRAIN-RICH, ENRICHED			
Bread	1/2 slice	1/2 slice	1 slice
Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving
Cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Ready-to-eat breakfast cereal—dry, cold ⁸	1/4 cup	1/3 cup	3/4 cup

1. Larger portion sizes than specified may need to be served to children age 13–18 years to meet their nutritional needs.

2. For children age one: must be unflavored whole milk. For children age 2–5: must be unflavored low-fat (1%) or unflavored fat-free (skim) milk. For children age 6 years and older: must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk.

3. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

4. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

5. At least one serving per day, across all eating occasions, must be 100% whole grain. Grain-based desserts do not count towards meeting the grains requirement.

6. At breakfast, meat/meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains (one serving).

7. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

8. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce; no more than 21 grams sucrose and other sugars per 100 grams of dry cereal.

9. At lunch and supper, no more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry or fish.

10. The serving size for lean meat, poultry or fish is the edible portion as served.

11. Alternate protein products must meet the requirements in Appendix A to Part 226.

12. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

13. At snack, select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.